



DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XXVI, ISSUE 5

A newsletter for D.C. Seniors

May 2011



## ACTING EXECUTIVE DIRECTOR'S MESSAGE

By Dr. John Thompson

### Happy Older Americans Month!

It is my pleasure to serve as the Acting Executive Director of the D.C. Office on Aging. I am Dr. John Thompson. I left my post at the National Association of States United for Aging and Disabilities to accept this appointment by Mayor Vincent Gray. Many of you may remember that I served as the Manager of the Aging and Disability Resource Center.

I look forward to being the chief advocate for persons age 60 and older, their families and caregivers, as well as the head of an agency that provides resources and support to persons 18 and older with disabilities.

During the recent hearing for the Office on Aging's Fiscal Year 2012 budget request before the Council of the District of Columbia's Committee on Aging and Community Affairs, I outlined my key objectives for the next six months. These include a review of the office structure, the design of performance standards, a needs assessment for District seniors, and bolstering our senior employment program. A complete narrative is included in this issue of "Spotlight on Aging."

As we celebrate Older Americans Month under the theme "Older Americans: Connecting the Community," we hope that each one of you participates in the various events that will be held across the city to commemorate the month set aside to honor the contributions of Older Americans. This year we will, again, co-sponsor the D.C. Senior Games. A complete listing of all of our activities for the month is also included in this issue.

Please don't forget Senior Health and Fitness Day, which will feature an open house in each of our senior wellness centers. For more information on events and activities, always feel free to call our Information and Assistance Unit at 202-724-5626.

## Mayor Gray's Four Goals in the FY 2012 Budget

Mayor Gray's Fiscal Year 2012 budget closes a \$322.1 million budget gap through:

- \$187.0 million in expenditure cuts from the CFO's Fiscal Year 2012 Current Services Funding Level budget (58%)
- \$127.2 million in tax increases (39%)
- \$7.9 million in additional revenue from leasing, expanded sales, and advertising (3%)

Mayor Gray has focused on four key priorities in his Fiscal Year 2012 budget:

### 1. Fiscal Stability

The Mayor's Fiscal Year 2012 budget is structurally balanced without the use of any of the District's fund balance, meaning that for the first time in four years the District will pay for its expenditures within its available revenue.

### 2. Quality Education

Education Reform has been, and will continue to be, the Mayor's number one priority. Increased revenue projections allowed a \$51.2 million increase in DCPS funding and a \$25.7 million increase in charter school funding over Fiscal Year 2011 funding.

### 3. Jobs and Economic Development

Job creation is one of the four key priorities in the Mayor's FY 2012 budget. Despite reductions to federal funding and special purpose revenue, the Mayor maintained full funding for adult job training in his Fiscal Year 2012 budget by increasing local funds by \$2.6 million in the Department of Employment Services.

### 4. Safe Communities

The Mayor's budget will continue the commitment to protect the lives and property of the people of the District of Columbia. The creation and revitalization of the Deputy Mayor for Public Safety pro-

vides guidance and coordination to the Public Safety agencies.

### Community 2012 Budget Briefing Meetings

#### Ward 1

Friday, May 6, 7 p.m.

Bell Multicultural High School, 3101 16th St., N.W.

#### Ward 2

Monday, May 9, 7 p.m.

Immaculate Conception Catholic Church, 1315 8th St., N.W.

Co-Host: Councilmember Jack Evans

#### Ward 3

Tuesday, May 3, 7 p.m.

Alice Deal Middle School, 3815 Fort Drive, N.W.

Co-Host: Councilmember Mary Cheh

#### Ward 4

Monday, May 2, 7 p.m.

Brightwood Elementary School, 1300 Nicholson St., N.W.

Co-Host: Councilmember Muriel Bowser

#### Ward 5

Wednesday, May 4, 7 p.m.

Luke C. Moore Academy Senior High School, 1001 Monroe St., N.E.

Co-Host: Councilmember Harry Thomas

#### Ward 6

Saturday, May 7, 3 p.m.

Miner Elementary School, 601 15th St., N.E.

Co-Host: Councilmember Tommy Wells

#### Ward 7

Saturday, May 7, 11:30 a.m.

Hillcrest Recreation Center, 3100 Denver St., S.E.

#### Ward 8

Was held on Monday, April 25, 7 p.m.

Savoy Elementary School, 2400 Shannon Pl., S.E.

## D.C. Office on Aging Key Goals

The following are the primary goals for the D.C. Office on Aging for the next six months as outlined in testimony by Acting Executive Director John Thompson, Ph.D.

- Complete an in-depth review of internal operations and implement the necessary policies and procedures to assist the agency in enhancing its overall operations in serving seniors.

- Design performance standards to ensure that seniors are receiving quality home- and community-based services under the Older Americans Act and the Centers for Medicare & Medicaid Services

(CMS) funded demonstration programs.

- Position the ADRC in becoming the District's principal agency in diverting vulnerable residents from premature nursing home placements and securing long-term services and supports.

- Work with key stakeholders, including the National Association of States United for Aging and Disabilities, in developing a strategic plan for increasing the number of senior villages in the District of Columbia.

- Identify stakeholders, facilitate meetings, identify funding and draft a request for announcement with Office of Contracts and

Procurement to administer a comprehensive needs assessment of the District's seniors. This needs assessment would be essential to identifying gaps in services and how to programmatically plan for the future.

- Collaborate with the Deputy Mayor of Health and Human Services (HHS), Ms. BB Otero, and the HHS agency leads in improving the coordination of services among the District agencies that would assist seniors and persons with disabilities in accessing home- and community-based services.

- Position DCOA to competitively secure grant funding from the federal government

and private foundations that would modernize the existing long-term services and supports system in the District.

- Establish partnerships with trade unions, faith-based organizations and civic associations to solicit their support in meeting the needs of seniors, especially the aging in place programs.

- Implement additional training and counseling services for seniors who are seeking employment.

- Intensify our outreach efforts to reach a larger segment of the aging population, particularly the baby boomers.



## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

See also "Special Events During Older Americans Month" below for additional May activities.

## May events

### 3rd, 10th, 17th, 24th • 12:30 p.m.

Every Tuesday in May attend a program sponsored by the Ft. Lincoln 2 Senior Nutrition Program called Living with Diabetes. Ft. Lincoln Senior Center is located at 3001 Bladensburg Rd., N.E. Call Vivian Grayton at 202-529-8701 for more information.

### 11th • 12:30 to 1:30 p.m.

The Trey McIntyre Project, an innovative national ballet company, comes to Iona for a lunch-and-learn to talk about its work in art and healing. Open to the public. Free. Bring your own lunch. Iona is located at 4125 Albemarle St., N.W. Call 202-895-9401 for more information.

### 12th • 10 a.m. to 2 p.m.

Join the AHI Ward 8 Deaf and Hard of Hearing Program in celebrating Older Americans Month at an open house at 114 Wayne Pl., S.E. For reservations, call Margaret Forbin, program director, at 202-562-1041.

### 17th • 10:30 a.m. to noon

Iona's Age Well/Live Well Book Group discusses *Creative Aging: Rethinking Retirement and Non-Retirement in a Changing World*, by Marjorie Zoet Bankson. Bankson, a professional potter and teacher, served as president of Faith at Work for more than 15 years and is the author of several books. She teaches at Virginia Theological Seminary and the Washington National Cathedral. Iona is located at 4125 Albemarle St., N.W. For further information and reservations, call Donna Sims at 202-895-9419.

### 19th • 4 to 6:30 p.m.

Iona's 2011 Education, Advocacy & Engagement Forum and Awards will honor volunteers 60+ who are building and sustaining a community that cares. The free event and reception take place at Iona Senior Services, 4125 Albemarle St., N.W. Call 202-895-9425 for more detailed information or e-mail [Lfisher@iona.org](mailto:Lfisher@iona.org).

## Ongoing

### Weekdays • 10 a.m. to 2 p.m.

Seabury Aging Services has an emergency food pantry that is free to Ward 5 residents age 60 and older. Food is distributed on a case-by-case basis. Call Vivian Grayton at 202-529-8701 for more information.

## Special Events During Older Americans Month

Each year the Administration on Aging (AoA) issues a theme for Older Americans Month to assist our National Aging Services Network of state, tribal, Area Agencies on Aging, and community services providers plan for activities that might take place in May or throughout the year.

The theme of this year's celebration — Older Americans: Connecting the Community — pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. It also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

### The 28th Annual D.C. Senior Games May 2 to 6, various times and locations

The D.C. Senior Games will feature medal competition in more than 15 sporting events, including swimming, tennis, track and field, basketball and table tennis. If you require accommodations for minor disabilities, please contact 202-664-7153. Fee: \$15 per athlete, which includes participation in

all sporting events and an official T-shirt. Fees for bowling and golf events are not included.

### The 31st Annual Senior Companion/Respite Aide Recognition Day

#### May 11, 11 a.m.

Sponsored by the University of the District of Columbia Institute of Gerontology. The event will take place at Vermont Avenue Baptist Church, 1630 Vermont Ave., N.W. If you have any questions, call 202-274-6659.

### Barney Senior Program Live Concert (Wards 1 and 4)

#### May 13, 10 a.m. to 2 p.m.

Wards 1 and 4 seniors gather for a day of entertainment, lunch, information and health exhibits at the 19th Street Baptist Church, 5704 16th St., N.W. For more information, call 202-939-9020.

### East River Enhancing the Health and Safety of Older Americans (Ward 7)

#### May 13, 10 a.m. to 4 p.m.

Continental breakfast featuring workshops and health fair, Washington Seniors Wellness Center, 3001 Alabama Ave., S.E.

Pre-register at 202-534-4880.

### Emmaus Services for the Aging — Arts in the Aging (Ward 2)

#### May 17, 10 a.m. to 2 p.m.

Ward 2 seniors gather for a day to celebrate seniors working in the arts with lunch, Kennedy Recreation Center, 1301 7th St., N.W., 202-745-1200.

### South Washington Older Americans Month Event (Ward 6)

#### May 18, 10 a.m. to 2 p.m.

Ward 6 seniors gather for a day of entertainment, lunch, info and health exhibits, Sherwood Recreation Center, 1000 G St., N.E., 202-608-1340.

### 2nd Annual Prom for Seniors — the East River Swing, "A Celebration of Stars" (Ward 7)

#### May 19, 10 a.m. to 2 p.m.

Enjoy dinner, dancing and a hand dance performance at St. Luke's Center, 4923 E. Capitol St., S.E., 202-534-6860.

### 18th Annual Senior Health and Fitness Day

### Access Housing — outdoors under the tent (Ward 8)

#### May 19, 10 a.m. to 2 p.m.

Ward 8 seniors gather for a day of entertainment, lunch, info and health exhibits, 4301 9th St., S.E., 202-562-6820

### Seabury Older Americans Month Senior Event (Ward 5)

#### May 20, 10 a.m. to 2 p.m.

Ward 5 seniors gather for a day of entertainment, lunch, info and health exhibits, North Michigan Park Recreation Center, 1333 Emerson St., N.W., 202-529-8701

### 18th Annual Senior Health and Fitness Day

#### May 25, Open houses at various Wellness Centers and times

Ward One Senior Wellness Center, 202-727-0338  
Congress Heights (Ward 8), 202-563-7225  
Hattie Holmes (Ward 4), 202-291-6170  
Model Cities (Ward 5), 202-635-1900  
Washington Seniors (Ward 7), 202-581-9355

## SPOTLIGHT ON AGING

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**The Office on Aging is in partnership with the District of Columbia Recycling Program.**

## Ward 1 Senior Wellness Center Dedication

The Ward 1 Senior Wellness Center, located at 3531 Georgia Ave., N.W., will host a ceremony to dedicate the center in honor of a Ward 1 community activist, one of many who worked tirelessly to ensure that programming, such as that offered at the wellness center, was available to the seniors of Ward 1. The dedication will be made by Ward 1 Councilmember Jim Graham on Wednesday, May 25 at 10 a.m.

The ceremony will kick off National Senior Health and Fitness Day at

the wellness center. The event will feature an open house for the center as well as an opportunity to provide demonstrations of the activities that seniors can engage in for their health and well-being.

Activities will include line dancing, aerobics, chair aerobics, beach volleyball, tennis and golf. In addition, exhibitors will provide free health screenings and information. For more information, call the center at 202-727-0338.